

Protect yourself from the seasonal flu — get a flu shot

Get your flu shot

The flu shot* can prevent the seasonal flu (influenza). You can get the flu shot from your doctor or flu shot provider.

Who should get the flu shot?

- All children from 6 months through 18 years of age.
- Anyone 50 years of age or older.
- Anyone who is at risk of complications from flu:
 - > Women who will be pregnant during flu season
 - > Anyone with long-term health problems with:
 - heart disease
 - kidney disease
 - liver disease
 - lung disease
 - metabolic disease, such as diabetes
 - anemia and other blood disorders
 - asthma

- Anyone whose immune system is weakened because of:
 - > HIV/AIDS or other diseases affecting the immune system
 - > long-term treatment with drugs such as steroids
 - > cancer treatment with radiation or chemotherapy
- Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- Residents of nursing homes and other chronic-care facilities.
- Anyone who lives with or cares for people at high risk for flu-related complications.

The flu vaccine is also recommended for anyone who wants to reduce their chance of getting the flu or spreading it to others.

Aetna will cover administration of the H1N1 flu vaccine. The vaccine is currently in development and expected to be available in October. More information will be available from the government this fall on how the H1N1 vaccine will be distributed and made available to the public.



Here is information about flu shot providers that have contracts with Aetna:

Maxim Health Systems

- To find Maxim flu shot clinics near you, go to Maxim's website at www.findaflushot.com, or call 1-866-466-2976. The call is free.
- Maxim's fee for Aetna members is \$23.50. Your out-of-pocket costs depend on your plan of benefits.
- Maxim does not give the flu shot to children under 9 years of age.

VaxCare

Florida, Georgia, Kentucky, North Carolina and South Carolina residents only

- To find a VaxCare flu clinic near you go to www.vaxcare.com.
- VaxCare's fee for Aetna members is \$22.50. Your out-of-pocket costs depend on your plan of benefits.
- VaxCare does not give the flu shot to children under 9 years of age.

SUPERVALU Pharmacies

Include ACME Sav-on; Albertsons OSCO; Albertsons Sav-on; Bigg's; CUB; Farm Fresh; OSCO; Sav-on; Shaw's OSCO; Shop'n Save; Shoppers; and Star Market OSCO pharmacies.

- To find the location of the pharmacy nearest you call 1-800-783-0458. Then call that pharmacy and arrange a time to get the flu shot or go to www.supervalu-pharmacies.com.
- SUPERVALU's fee for Aetna members is \$22.50. Your out-of-pocket costs depend on your plan of benefits.
- Age limitations vary by location.

Safeway Pharmacies

- To find a Safeway location near you, go to www.safeway.com/flu.
- Safeway's fee for Aetna members is \$22.00. Your out-of-pocket costs depend on your plan of benefits.
- Age limitations vary by location.

Mollen Immunization Clinics

- To find a Mollen Immunization Clinic near you, go to Mollen's website at www.FluShotUSA.com, or call 1-877- 279-3588.
- Mollen's fee for Aetna members is \$21.00. Your out-of-pocket costs depend on your plan of benefits.
- Mollen does not give the flu shot to children under 4 years of age.

Walk-In Clinics

Minute Clinics, Aero Clinics, Smartcare Clinics, Take Care Clinics and Redi Clinics

- To find a walk-in clinic near you, log in to Aetna Navigator®, and click on Find Health Care in DocFind. Then select Facilities under Provider Category and Walk-In Clinics under Provider Type.
- Your out-of-pocket costs depend on your plan of benefits.

Take your Aetna member ID card with you when you go to get a flu shot. These contracted providers accept Aetna coverage when members show their Aetna ID card.

Flu shot providers may bill the member for any amount not covered by the member's benefits plan. Members should review their plan documents to verify their individual coverage, or call Member Services at the number on their Aetna ID card.

For more information about flu prevention, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/flu/

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